



Herbs Etc.

Radiation Is a Real Threat

Following the earthquake and tsunami in Japan, their nuclear reactors began leaking radiation. Considering which news sources you rely on, this may or may not be affecting you, here, so far away from Japan.

Please think about this with common sense: No amount of radiation is safe, and if it is in the environment, anywhere, via the rain, air, animals, etc., it is in some way going to affect us.

You've also probably heard about stores selling out of potassium iodide as a means of protection against radiation.

Because many people tend to be deficient

in iodine, they will readily absorb iodine from the environment, if given the opportunity, and the body will not differentiate between absorbing regular iodine and radioactive iodine.

Additionally, it is because of exposure to toxins in our environment that we are iodine deficient. For example, you may be exposed to: fluorine in the water and in toothpaste; chlorine in water, pesticides, and insecticides; and bromine in white flour, pop, energy drinks, and other chemicals. Fluorine, chlorine, bromine, and iodine are all part of the halogen group on

the periodic table. What this means is that these elements will bind to iodine receptors and prevent the body from absorbing iodine.

So, it is good to balance your body's iodine supply in a healthy way. First, try to minimize your exposure to any of the halogen chemicals found in city water, toothpaste, white flour, pesticides, etc. Also, consider a natural iodine supplement. Herbs, Etc. sells a liquid iodine as well as Spirulina, a blue-green algae that is another natural source. The best way to protect yourself is to be educated and be aware!

Special points of interest:

Vitamin D3

Alumni Classes

Community Supported

Agriculture

SPA CAPSULE

The Antidote to Life's Everyday Stresses

Experience a fantastic water jet massage without getting undressed or wet!

28 computer controlled water jets simulate a personal "Finger Tip" massage with adjustable water pressure and pulsating frequency to relieve pain and tension.

5 min.—\$2.50

10 min.—\$5.00

15 min.—\$7.50

First time user—get a FREE 2 minute trial!

Vitamin D3

Vitamin D3 has received a lot of press lately, and it is truly an important part of health.

Vitamin D comes in two forms: D2 and D3. Of these, D3 is more bioactive, meaning that it has more of an effect on living tissues.

Among its many benefits are that it supports bone health. The body is able to manufacture vitamin D through sun exposure. However, during cloudy or winter months, it is difficult for the

body to manufacture adequate amounts.

It is also responsible for maintaining normal blood levels of calcium and phosphorus in order to help build strong bones.

Research also shows that Vitamin D3 supports a healthy immune system and protects against cancers, heart disease, and diabetes. It may even improve mood and plays an important role in brain development, emotional development, and

gross motor coordination.

Vitamin D3 from Nature's Sunshine contains 2,000IU of natural vitamin D3 from lanolin that is harvested from the wool fat of sheep from New Zealand and Australia. These animals are certified BSE-free.

It is recommended for adults to take 1-2 tablets daily with a meal.

Get your Vitamin D3 at Herbs, Etc. today.

Double Your Health Care for Only \$20 More!

Consider this: you are coming in for an update with your naturopath, and a session of Reflexology sounds SOOO good, but you feel you can't splurge on that extra session.

Now, you can!

Whenever you have a natural

health consultation update, you can schedule an "extra" appointment for only \$20 more. Scheduling these two appointments together has many benefits. First, you are receiving an additional therapy to further your progress in your health program. And, you are saving at least \$10

on what that session would normally cost.

Next time you schedule your update, also schedule reflexology, a live blood analysis, or a Biological Age assessment. If you want a massage, you can include it for \$10 off its normal price. Double your health and save money!

Men's X-Action Reloaded

For most people, intimacy is an essential part of a meaningful, lasting relationship. Age, stress, and other factors can affect intimacy and put strain on an otherwise healthy relationship. Nature's Sunshine has developed an improved herbal formula to help men who desire support in

this area. Men's X-Action Reloaded contains a blend of powerful herbs and nutrients for male sexual health and vitality. Included in this blend are Maca root, Icariin extract from Horny Goat Weed, Pomegranate fruit extract, L-Arginine, Damiana, Muira Puama, Oat straw, Saw

Palmetto, Yohimbe, and DHEA.

These herbs have been shown historically and clinically to improve sexual desire, support erectile performance, support the nervous and circulatory systems, and benefit the prostate gland.

Vacation for Your Health

Summer invites us to go outside and play and go on vacation. However, with the rising cost of gas prices and nearly everything else, it is becoming more difficult to afford vacations to far away places.

The good news is that you can vacation at the Naturopathic Community Center, which not only saves you money, but it saves your health, too!

The NCC is available for group retreats, couples getaways, a

girls' night out, or just some time away from your regular, busy schedule.

At the NCC, you can enjoy use of the Therapy Room, a fully furnished kitchen, three bathrooms, and multiple rooms. Located in downtown Mt. Pleasant, you are within walking distance of downtown shopping and numerous parks.

The Therapy Room helps you make the most of your health during your vacation with an in-

frared sauna, detoxing foot soak, Migun massage bed, color therapy, sound therapy, a magnetic bed, and a Body Vibe machine.

Members of the NCC can stay for \$75 per night per guest, and the second night is only \$20. The annual membership fee for the NCC is only \$5!

Make the most of your vacation this year and use it as an opportunity to get healthy. What are you waiting for?

Your Deodorant Affects Your Brain

It's time to change your deodorant!

In 1993, the World Health Organization said, "There is a suspected link between Alzheimer's disease and the toxicity of aluminum." The Agency for Toxic Substances and Disease Registry reports that "exposure to high levels of aluminum may result in

respiratory and neurological problems."

Aluminum, as an ingredient in deodorant, makes you smell nice by preventing toxins from leaving the body. The toxins that would have escaped in the sweat have nowhere to go. What's more, "antiperspirants are designed to be absorbed;" There-

fore, the sweat glands and lymph glands in and around the underarms then absorb the toxicity, and this affects the endocrine and lymphatic systems, creating a potential risk factor in breast cancer.

So, sweat is good, and aluminum-free deodorants can save your brain and your health!

Fluoride-FREE Is the Way to Be

Have you read the label of a "commercial" toothpaste and noticed that it says, if ingested, call poison control? Do you know that this is because of the fluoride content in the toothpaste? Do you know the truth about fluoride? According to the handbook, "Clinical Toxicology of

Commercial Products," fluoride is more poisonous than lead. It is actually a manmade environmental pollutant and is a cumulative poison that accumulates in the body over time. It has been shown to cause skin eruptions, gastric distress, headaches, cancer cell formation, Down's syndrome, and hypothyroidism.

The original studies that reported fluoride as being helpful for tooth decay are now being called fraudulent, and new research is showing that fluoride actually worsens the teeth (and numerous other things). Keep your internal environment healthy. Use a natural toothpaste with-OUT fluoride.

May & June Special: Assess Your Body Type for Weight Loss

Warm weather is approaching, and everyone wants to look and feel their best. Having a consultation to assess your body type is the ticket to get you started.

Assessing your body type allows you to:

Lose weight

Improve your energy

Eliminate food cravings

Achieve your ideal body shape

Feel better than you thought you could!

Within the glandular system, there is usually one gland that is dominant for each person. That dominant gland has demands, and its demands affect the foods you crave, the time of day your energy peaks or crashes, where you carry your weight, and how effectively your metabolism functions. So, if these areas are "out of control," it is necessary to strengthen the less dominant glands and bring the entire glandular system into a more balanced state.

Within the consultation, your naturopath will help you to determine your body type and your dominant gland. Then, together, you will create a health plan to balance your glandular system and achieve your body shape goals. The plan may include nutritional suggestions, herbs, essential oils, exercise recommendations, and more.

Call 989-773-3636 to schedule a consultation during the month of May or June to take advantage of this special deal.

A 30-minute consultation is only \$20!
